

Restful Sleep For Adults and Kids: A Mindful Checklist

<https://bluestargaia.com/virtual-classes/restful-sleep>

A good first step in supporting our sleep cycle, is to mindfully observe it. Here is a list of things (as addressed in the first video) to look at. There's no need to judge or fixate on these things. This step is a process of self discovery.

How are you sleeping?

- ◆ How fast and easily do you fall asleep?
- ◆ How long do you stay asleep?
- ◆ Do you wake up in the middle of the night?
- ◆ How easily do you wake up?
- ◆ How do you feel when you wake up? Do you feel rested?

How comfortable is your sleep environment?

- ◆ Temperature
- ◆ Airflow
- ◆ Sleeping surface (bed, blankets, pillows, etc)
- ◆ Light levels
- ◆ Sound and noises

How is your mental and emotional state at bedtime?

- ◆ How do you feel mentally and emotionally?
- ◆ What is your thought flow like?

How comfortable is your body?

- ◆ Illness and dis-ease
- ◆ Aches and pains

- ◆ Digestion

Dream activity?

- ◆ Do you recall your dreams?
- ◆ Do they feel busy?
- ◆ Are you working in them?
- ◆ How do they feel emotionally?
- ◆ Do you leave your body (astral project)?

Celestial and astrological events

- ◆ What is the moon phase?
- ◆ Are there solar flares?
- ◆ How are the planets placed?

What does your bedtime routine look like?

- ◆ What times do you tend to go to bed?
- ◆ What times do you strive to wake up?
- ◆ Food and beverages
 - How close to bedtime do you eat and/or drink?
 - What kinds of things do you eat and/or drink?
- ◆ Physical activity:
 - What is your physical activity like close to bedtime?
 - Or throughout the day?
- ◆ Recreation:
 - What do you do for fun before bedtime?
 - How does it feel emotionally?
 - Does it feel stimulating? Relaxing?
- ◆ Spiritual practices:
 - What does your meditation process look like?
 - When is your quiet time with your spirit guides?
 - What does your energy clearing practice (such as smudging etc) look like?

- ◆ Conversations:
 - Who do you speak to around bedtime?
 - What topics do you talk about?
 - How do you feel after these conversations?
 - What is your self talk or inner chatter like?

So, overall, we're looking at:

What works for you?

- ◆ What relaxes you?
- ◆ What is comfortable about your sleeping environment?
- ◆ What makes you sleepy?

What doesn't work for you?

- ◆ What stimulates you?
- ◆ What makes you uncomfortable at bedtime?

In the next videos, we will look at more information and tools to mindfully support sufficient restful sleep.

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